Depressive Symptoms and Their Correlates with Locus of Control and Satisfaction with Life among Jordanian College Students

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Abstract

Objective: to establish estimates of the prevalence of depressive symptoms, and their correlates with locus of control and satisfaction with life among undergraduate students in Hashemite University (HU) – Jordan. Method: A randomized sample of college students (N=492), 67 (33.9 %) were male, completed the Multidimensional Health Locus of Control Scale (MHLC), the Satisfaction with Life Scale (SLS), and the Center for Epidemiologic Studies Depression Scale (CES-D). Results: Study outcomes showed a great ratio of depressive symptoms among HU students, almost half of college-aged individuals had a major depression, and statistical analyses showed no relationship between externality of locus of control (Powerful others) and depression, while Externality of locus of control (Chance) was found to be significantly positively related to depression, and in line to previous studies a significant negative relationship was found between internality of locus of control and depression. Additionally, significant negative relationship was found between satisfaction with life (SLS) and depression. However, Satisfaction with life was found to be the first best predictor of depressive symptoms and Chance was found to be the second best predictor of depressive symptoms. Conclusion: Findings of this study hold implications for depressive symptoms interventions, such as expanding psychoeducation courses to include strategies for enhancing and maintaining a sense of personal control and self-actualization.